



## California University of Pennsylvania

Founded in 1852

<http://www.calu.edu/go>



This handout describes several 'fast facts' regarding the innovative, fully online program designed for professionals in allied health, education, health, fitness, medical, military, wellness, or other related fields.

### Master of Science Degree in Exercise Science and Health Promotion

**Program Mission:** to provide the highest quality educational experience via distance learning methods

#### UNIQUENESS OF OUR PROGRAM

- Offers 100% Web-based degree since 2003 that reaches and teaches students world-wide
- Dedicated to delivering a high quality and rigorous graduate-level education
- 12 month, 30-credit program
- 99% graduation; completing degree in 1 year's time
- Cohort Model (students begin together, take all courses together as they develop into a community of learners, and then graduate together)
- Average size of cohort is 35-40 students
- Four Specialty Track options as a course of study:
  - **Sport Performance Enhancement & Injury Prevention**
  - **Rehabilitation Science**
  - **Sport Psychology**
  - **Wellness & Fitness**
- Offers three value-added national specialty certifications through the NASM ([www.nasm.org](http://www.nasm.org))
  - **Corrective Exercise Specialist (CES)**
  - **Certified Personal Trainer (CPT)**
  - **Performance Enhancement Specialist (PES)**
- Choice of *January or July* Cohort starting date
- Offers articulation agreements for graduate assistants from other colleges/universities
- Provides unique multicultural & interactive learning opportunities
- Encourages departmental colleagues to enroll as a cohort and create a community of learners and scholars as they earn their degree together (e.g. Chicago HPER Department)

#### PROFILE OF WEB-BASED TEACHING FACULTY

- 12 Full-time faculty dedicated to teach online courses
- Currently, 90% of full time teaching faculty have terminal academic/clinical degrees (PhD, EdD, DPT)
- 100% of faculty have specialty degree certifications/credentials (ATC, Ex Phys, OT, PT)
- All faculty have worked clinically from which to extract true experiential teaching
- All faculty have completed the required eCertification course that prepares them to use technology to teach in a web-based environment

#### DEMOGRAPHICS OF ALUMNI

Students completed the MS program while living in:



- |  |               |               |
|--|---------------|---------------|
| • United States<br>(from over 40 states) | • Germany     | • Kuwait      |
| • Bahamas                                | • Afghanistan | • UAE         |
| • Canada                                 | • Guam        | • Japan       |
| • China                                  | • Indonesia   | • Mexico      |
| • England                                | • Iraq        | • Philippines |
| • France                                 | • Korea       | • Switzerland |

#### EDUCATION FOR THE

#### ALLIED HEALTH & FITNESS PROFESSIONAL

The flexibility of the online program allows professionals, who would be precluded from attending graduate school in the traditional sense, to complete the MS program in 12 months while still maintaining their full-time positions. Some of our alumni are employed by the following professional sports teams and completed the MS program while still maintaining their positions with:

- |                     |                          |                         |
|---------------------|--------------------------|-------------------------|
| • AZ Diamondbacks   | • Jacksonville Jaguars   | • Norfolk Tides         |
| • Atlanta Braves    | • LA Angels of Anaheim   | • Philadelphia Phillies |
| • Birmingham Mets   | • LA Avengers            | • Philadelphia Eagles   |
| • Boston Celtics    | • LA Dodgers             | • Peoria Chiefs         |
| • Carolina Panthers | • Lowell Spinners        | • Phoenix Suns          |
| • Chicago Fire      | • MN Timberwolves        | • Sacramento Kings      |
| • Denver Nuggets    | • Minnesota Twins        | • Saginaw Spirit        |
| • Detroit Red Wings | • New England Revolution | • Sarasota Orioles      |
| • Durham Bulls      | • New York Mets          | • Seattle Sounders      |
| • Fredrick Keys     | • New York Rangers       | • Toronto Raptors       |
| • Green Bay Packers | • New York Yankees       | • Washington Nationals  |
| • Indiana Fever     |                          | • Washington Redskins   |



#### EDUCATION FOR THE MILITARY PROFESSIONAL

In December 2008, CalU was named one of America's top military friendly colleges and universities by Military Advanced Education, a magazine for service members who are continuing their studies. The magazine recognized CalU for its online offerings and **GoArmyEd** participation, as well as its dedicated Veterans Affairs Office and "world-class" service to veterans. Students from all branches of the military and in all parts of the world have completed our MS program.

#### PROFESSIONS OF OUR ALUMNI

- |                           |   |
|---------------------------|---|
| • Administration (Sports) | • Justice/Law                           |
| • Athletic Coaching       | • Massage Therapy                       |
| • Athletic Training       | • Medicine                              |
| • Aquatic Therapy         | • Military all branches: Active/Reserve |
| • Business Owner          | • Nursing                               |
| • Business Management     | • Nutrition                             |
| • Chiropractic            | • Occupational Therapy                  |
| • Dietetics               | • Personal Fitness Training             |
| • Education/Teaching      | • Physical Therapy                      |
| • Ergonomics              | • Physical Therapist Assistant          |
| • Exercise Physiology     | • Strength & Conditioning Coaching      |
| • Entrepreneur            | • Wellness/Life Coaching                |

## ALIGNMENT WITH HEALTHY PEOPLE 2010-2020



The establishment of the MS in Exercise Science and Health Promotion is in harmony with the National agenda **Healthy People 2010**, which was developed by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services. The goal of Healthy People 2010 is to increase the quality and years of healthy life and to eliminate health disparities and make great strides in the first decade of the new century. Since Physical Activity and Injury Prevention are two of the *Leading Health Indicators*, **Healthy People 2010** created a major need for healthcare and fitness professionals who are educated in innovative, research-based strategies. Further, we are committed to continue with the **Healthy People 2020** initiative.

**FACT:** Employment of fitness workers, who are concentrated in the rapidly growing arts, entertainment, and recreation industry, is expected to increase by 27% or more for all occupations through 2014. An increasing number of people spend more time and money on fitness, and more businesses are recognizing the benefits of health and fitness programs and other services such as wellness programs for their employees.

- **US Department of Labor Bureau of Labor Statistics**  
Source: <http://www.bls.gov/oco/ocos296.htm>

## STUDENT COMMENTS

"I can say without reservation that the course work, format and overall process so far have exceeded expectations. The course work has been interesting, engaging, and educational and has struck a nice balance between presenting a challenge yet remaining manageable. The format has been easy to navigate and the flexibility has been outstanding."

"I am very impressed with the thought that has gone into the creation of the content for this semester. The enthusiasm of our professors is contagious. I am impressed with the level of interaction that I have seen by the instructors and the students, and the thoughtfulness with which the classes have been designed and implemented. This group of students has been very interactive and motivated from the start, but never more so than as of late. It is fun to be a part of and really neat to see. This should be a shining example for anyone who is cautious or hesitant about the quality of the online educational experience."

"This program is awesome. The course content is current and covers a wide range of topics on performance enhancement and injury prevention. Being certified by NASM as a performance enhancement specialist as part of the program is an added value. The greatest advantage of this program for me is the online component. The professors did a great job of orientating me to the online environment and continue to enhance communication between students and professors."

"Participating in the online MS program at CalU was an experience that I will never forget. The online courses provided an opportunity to further my education by obtaining a Master's Degree and a nationally recognized certification (NASM-PES). The program challenged me to enhance my knowledge and skills through the material that was provided, the expertise of the instructors and the interaction with my classmates. I have been able to apply what I have learned to my personal and professional life, using these new tools to assist me on the path to success."

## ADMINISTRATION & FACULTY COMMENTS

"You're definitely doing something right if you have minimal attrition. The satisfaction level of the students has been excellent, which is especially gratifying since the students are respected professionals in their individual disciplines."

- **Barry E. McGlumphy, EdD, ATC**, Associate Professor  
*Graduate Program Director for Exercise Science and Health Promotion*

"The National Academy of Sports Medicine (NASM) is extremely excited to support the California University of Pennsylvania Masters of Science degree in Exercise Science and Health Promotion. This educational program will play a significant role in improving rehabilitation, reconditioning and performance training applications all across the world. NASM looks forward to a long and exciting association with CalU helping graduates of the masters program stay on the cutting-edge of scientifically-based application and continue to improve the way rehabilitation, reconditioning and performance training is implemented globally."

- **Michael A. Clark, DPT, MS, NASM-PES**  
*President, National Academy of Sports Medicine & CalU Adjunct Faculty*

"As an educator who has taught in the traditional setting for over 25 years, I was hesitant to move totally to the web-based platform. I have been teaching in the online environment since 2004, and have been incredibly pleased with the superior quality of work and dedication that the students generate semester after semester. It is truly remarkable to see how students interact with one another, sharing multi-cultural and diverse learning experiences to enrich the educational process. Further, these students are passionate to expand their knowledge base in exercise science and health promotion to advance their own careers so that they may lead others to create change and live healthier lifestyles. What more could you ask from your students?"

- **Linda Platt Meyer, EdD, ATC, NASM-PES**  
*Associate Professor in the MS Web-based program*

## CORE VALUES AND COMMITMENT OF THE MASTER'S PROGRAM

### TO OUR MASTER'S STUDENTS:

- We are driven by our **PASSION** to serve you in a **Committed** and **Equitable** manner;
- We value the **Diversity** and **Competence** of our cohort students; and
- We are continually motivated to provide a **Quality** education through the **Innovative** ways in which we deliver that to you.



### FOR MORE INFORMATION, CONTACT US AT:

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